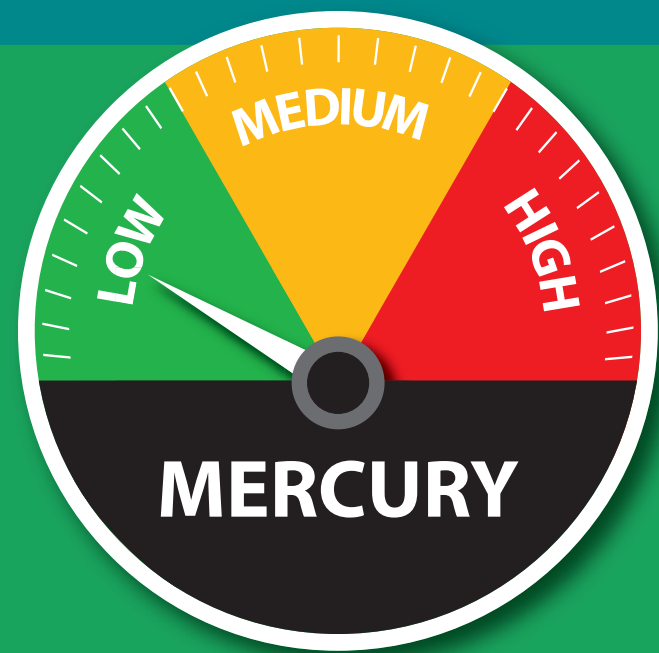


# Eat Fish Safely

## San Joaquin River

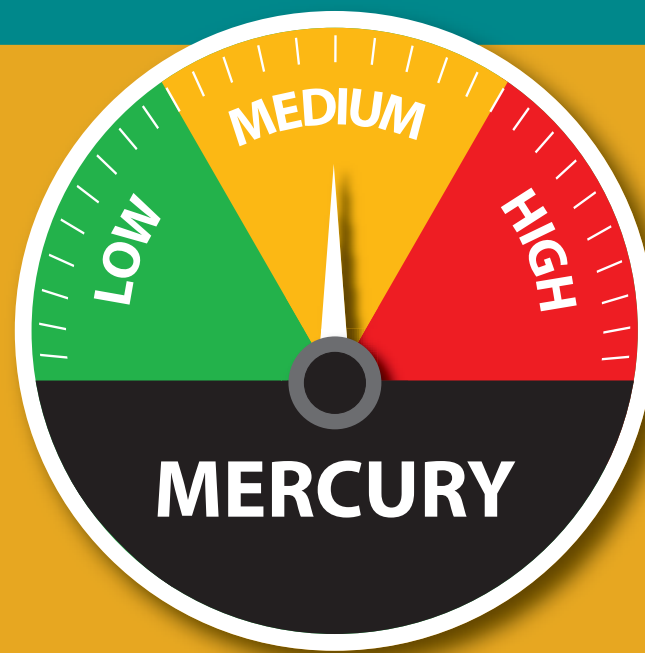


### Eat More

Women 18–45  
Children 1–17

2 servings a week

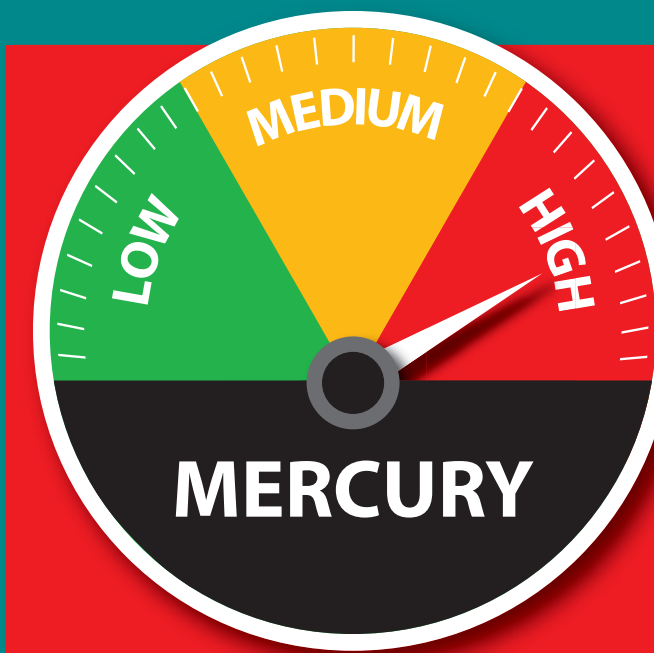
OR



### Eat Less

Women 18–45  
Children 1–17

1 serving a week



Women 18–45  
Children 1–17

### Do NOT Eat

Men age 18+  
Women age 46+

5 servings a week

OR

Men age 18+  
Women age 46+

2 servings a week

OR

Men age 18+  
Women age 46+

1 serving a week OR  
Striped bass —  
2 servings a week



Bluegill or  
other sunfish



Steelhead trout



American shad



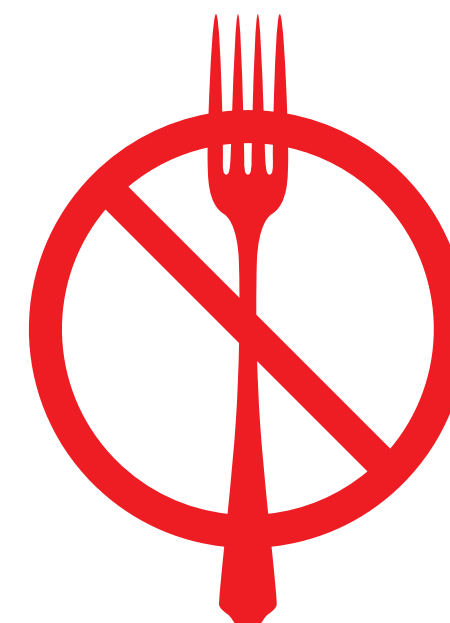
Carp



Catfish



Sucker



Bass



Striped bass



White sturgeon

Some fish have high levels of mercury which can harm the brain, especially in unborn babies and children.



SACRAMENTO - SAN JOAQUIN  
**DELTA CONSERVANCY**  
A California State Agency



Learn more at [www.oehha.ca.gov/fish](http://www.oehha.ca.gov/fish)

Printed by Department of Water Resources